

# meal plan

Week of:

	breakfast	lunch	supper
monday	Ham and Cheese Quiche	Grilled Cheese w/ carrots and ranch	French Onion Soup & Salad
tuesday	Leftover Quiche	Quick Pea Soup	Shrimp Scampi
wednesday	Strawberry Cheesecake Overnight Oats	Green beans, shredded chicken & cheese	Baked Chicken and Mashed Sweet Potatoes
thursday	Blueberry Muffins & Yogurt	Asian Chicken Salad	Beef Stew Dumplings
friday	Sunshine Bowl	Simple Tuna Casserole	Sausage & Grilled Veggies
saturday	Baked French Toast	Lunch Out	Lentil Mac & Cheese
sunday	Cinnamon Bun Pancakes	Heart Shaped Lunch	Baked Caprese Chicken

*Study at Home Mama*



snacks for the week

strawberries, bananas, yogurt, crudites with spinach dip